

# Remeron (mirtazapine)



## What is it usually prescribed for?

Major depressive disorder and other conditions.



## How does it work?

Remeron helps control feelings of sadness. Remeron is thought to boost the brain chemicals serotonin and norepinephrine and balance the serotonin and norepinephrine brain systems.



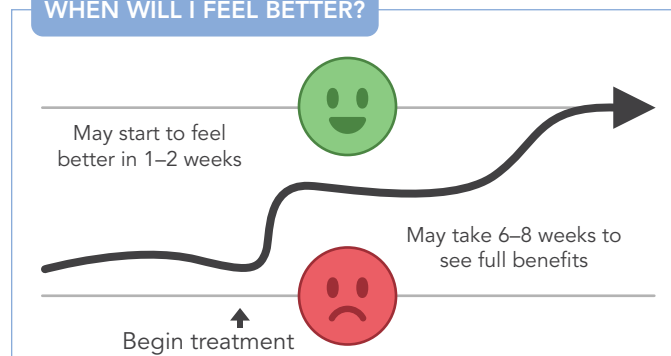
## What should I expect?

It may take a few weeks for you to feel the full benefits of taking this medicine. Sleep, energy, or hunger may improve within the first 1–2 weeks. Other symptoms may take up to 6–8 weeks to improve fully.

Your healthcare professional will start with a low dose that is slowly increased to find the best dose that works for you. Tell your healthcare professional how it's working for you and if you have any side effects so the dose can be changed if needed.

Your healthcare professional may check your weight before starting treatment and during treatment occasionally because Remeron can cause weight gain.

### WHEN WILL I FEEL BETTER?



Take Remeron exactly as prescribed to get the full benefit of this medicine.



## Will I have side effects?

You may or may not have side effects when taking Remeron. Many side effects are immediate but go away with time. The chance of side effects increases with larger doses. Remeron may have a larger chance of weight gain than other medicines for depression.

## What are common side effects and what can I do to feel better?

If your side effects are mild, talk to your healthcare professional about them at your next appointment.

	Drink plenty of water	Drink less alcohol	Do more exercise	Healthcare professional suggestion
Feeling hungrier	X			
Feeling sleepy		X	X	
Feeling dizzy	X	X		
Constipation	X		X	
Dry mouth	X	X		
Weight gain	X	X	X	

Note: This is not a complete list of side effects; other side effects are possible. Before starting Remeron, tell your healthcare professional about all the medicines you are taking to avoid unexpected side effects.



Neuroscience Education Institute

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## YOU'RE NOT ALONE!

In 2020, Remeron was prescribed over 6.6 million times in the United States.






## What should I avoid?

Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional first. There are some interactions with medicines that may increase your chance of side effects.

Do not suddenly stop taking Remeron unless your healthcare professional has told you to, because it can cause dizziness, vomiting, headache, and other negative feelings.

Use less alcohol and recreational drugs. They may decrease the benefits of Remeron and increase the chance of side effects.

## WHAT IS MOST IMPORTANT TO REMEMBER

-  It may take up to a few weeks for you to feel the full benefits of taking this medicine
-  Tell your healthcare professional about any troubling side effects so that you can work together to address them
-  Do not suddenly stop taking this medicine unless told to do so by your healthcare professional
-  Don't start any new medicines, over-the-counter drugs, or herbal remedies without talking to your healthcare professional
-  Get medical care right away if you have serious side effects



## When should I call a healthcare professional right away or visit the emergency room?

If you have any **serious** side effects. Here are some examples of serious side effects:

- Thoughts of suicide or are planning to hurt yourself
- Racing thoughts, decreased need for sleep, unusual risk-taking behavior
- Feeling light-headed like you might pass out
- Severe rash, blisters, or swelling in your hands or feet
- Blurred vision, tunnel vision, eye pain or swelling, or seeing halos around lights
- A seizure (convulsions)

If you think there has been an overdose, call your poison control center (800-222-1222) or get medical care right away.



## Where can I get more help?

National Alliance on Mental Illness (NAMI) – [nami.org](https://www.nami.org)

National Suicide Prevention Lifeline – Call 1-800-273-TALK (8255)

Crisis Text Line – Text "HELLO" to 741741



## Notes and questions for my next appointment

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